



INTERNATIONAL EDUCATION

SCHOOL DISTRICT 42 - MAPLE RIDGE & PITT MEADOWS

NEWSLETTER • SEPTEMBER • 2023



BACK TO SCHOOL 2023

We would like to extend our warmest welcome to our new and returning students and homestay families. Thank you for joining us for the 2023-2024 school year!

ORIENTATION DAYS

Please pay close attention to which group your student is in for orientation as they must attend the correct locations on September 5 & 6. We have emailed the full schedule to both homestays and students. Orientation is for new students only; hosts do not attend. If you would like to walk your student into the building for their District Orientation day at Riverside Centre and/or for pick up please park in the over flow parking (signs will direct you). Traffic will be busy on these days so please plan accordingly and follow all signs. Note that the drop-off zone at the front of the building is one-way traffic -- there is only 1 entrance and 1 exit (arrows are painted on the cement for direction).

COMING UP ON THE CALENDAR

Sept. 1 - Last Day of Pre-Academic Program

Sept. 1-4 - Student Arrivals

Sept. 5 - Group 1 (MRSS, PMSS, THSS) District Orientation at Riverside Centre 9am-3pm
- Group 2 (GSS, SRT, WSS) Orientation at Respective Schools 1-3pm
- First Day of School for Elementary Students

Sept. 6 - Group 1 (MRSS, PMSS, THSS) Orientation at Respective Schools 8:30-10:30am
- Group 2 (GSS, SRT, WSS) District Orientation at Riverside Centre 9am-3pm

Sept. 7 - First Full Day of School for Secondary Students

Sept. 10 - Vancouver Tour & Dinner for New Students Only
Drop Off & Pick Up at THSS

Oct. 2 - Truth & Reconciliation Day (*No Classes*)
- North Shore Water & Mountains (*Optional Field Trip*)

Oct. 3 - Non-Instructional Day (*No Classes*)

Oct. 9 - Thanksgiving Day (*No Classes*)

Oct. 20 - Non-Instructional Day (*No Classes*)
- Victoria 1-Day Tour (*Optional Field Trip*)



**INTERNATIONAL EDUCATION AFTER HOURS ANSWERING SERVICE
(EMERGENCY LINE) 604-345-9802**

CHANGES TO FEES

Our monthly host fees have increased from \$950 per month to \$1050 per month, per student as of July 2023! Should you require the support of our transportation service partners for airport pick up or drop off, their fees have also increased due to inflation to \$120-\$135 plus tax depending on your location.

ATTENDANCE GUIDELINES

Students are expected to attend all classes. It is important to inform the school if a student will be absent or late. Students must speak with their liaison and teachers to complete all work missed while they were away.

If students are unavoidably late or absent, the following procedures apply:

- Students who arrive to school late are required to sign in at the office.
- Students who leave the school during the school day must sign out at the office. Confirmation (note or phone call) from a host parent granting permission is required.
- If illness causes a student to miss school, the host parent should notify the school (email/portal/phone call) before 8:30am. Our office can not log absences, only the school which the student attends.
- Students who participate in extra-curricular events should notify the school before the event of their absence.

Excessive unexcused absences and/or late arrivals will result in school-based intervention. If absences persist, students may be placed on an International Education Performance Contract.

SCHOOL SUPPLIES

School fees, including locks and textbooks, are covered for international students. Supplies for elementary students are taken care of by their agencies. Secondary students should be prepared to start school with basic supplies. Please check with your student that they have the following:

- 1 or 2 binders
- lined paper and/or notebooks
- pencils, pens, eraser, highlighter, ruler
- graphic calculator (for math & sciences)
- P.E. clothing & shoes



PARENT PORTAL

Host parents are connected to the parent portal automatically to stay informed about upcoming events. For school field trips (different than the optional trips offered to international students) you will need to confirm your student would like to attend via the portal. This will trigger a notification to our department to authorize the trip as the legal custodian. Your email in the portal must match what we have on file. If your email address has changed, please contact your homestay coordinator with an update. To access your account, click [here](#).

TIPS FOR WELCOMING INTERNATIONAL STUDENTS INTO YOUR HOME

Welcoming an international student into your home can be challenging for host families. As exciting as the first days are, there is a period of adjustment as everyone learns how to connect and communicate effectively. Here are a few tips and guidelines to help ease the transition:

GIVE YOUR STUDENT A TOUR OF YOUR HOUSE

Make sure your student feels at home by giving them a tour of your entire home. Show them how to operate appliances and showers. Show them things they will need to know such as where the toilet paper and clean towels are, or which rooms they can bring food into.

EXPLAIN HOUSE RULES & EXPECTATIONS

Setting clear expectations can help to prevent conflict in the future. It is helpful to explain your expectations at the beginning, though you may need to gently remind your student of these once they settle in.

BE FLEXIBLE WITH MEALS

Be patient with your student as they adjust to the types of food and how your family regularly eats. Avoid turning food into another cause of stress as they may already be dealing with culture shock in so many other ways. Students are typically more willing to try new foods once things settle down. Adjusting to a new diet takes time both mentally and physically.

LET THEM REST

Though you may be excited to take your students sightseeing and introduce them to others, try to take it easy when they first arrive. Students may be jet lagged and overwhelmed by their new surroundings and may just want to sleep or stay home. Give them time to rest and adjust in the beginning.

PATIENCE & COMMUNICATION

No matter how great a student or host family is, there WILL be challenges! Being patient and continuing to work at the relationship will help you all get through it. Homestay Coordinators are here to help; remember to reach out to them when you need help working through things and stay in regular communication with them if you have any concerns about your student's well being.

GET THEM INVOLVED

Your student may not know where or how to get involved with an extra-curricular activity or interest. Help them to get connected either at school or in the community by showing them where things are such as the Leisure Centre or gym. Schools have many after-school clubs and sport teams your student can join -- encourage them to get involved by showing them the options on their school's website or by connecting them with school staff who can help.

HOMESTAY COORDINATORS

YUKI FREAD

SUN-THURS 604-353-8823
yuki_fread@sd42.ca
PMSS, THSS

SACHIKO TAKAHASHI

TUES-SAT 604-880-6338
sachiko_takahashi@sd42.ca
WSS, FVE, HA, MRE

MEGUMI FORBES-KING

TUES-SAT 604-516-9531
megumi_forbes-king@sd42.ca
GSS, SRT, AL, ARE, BME

CECILIA JEONG

SUN-THURS 604-349-9951
cecilia_jeong@sd42.ca
MRSS, ATE, DJE, EME, HPE

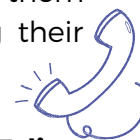
YURI KIMURA

CASUAL 778-846-6231
yuri_kimura@sd42.ca



CONTACTING YOUR HSC

Homestay Coordinators work 5 days a week, including 1 weekend day, so there is a coordinator in the office daily. Please review the coordinator contact information on this page for your HSC's work days. Coordinators also work from their assigned schools 1-2 days a week to meet with students during the school year. The best way to contact your HSC is via email for non-emergencies and to schedule a phone conversation as needed. You may also phone our office and we will connect you with your Coordinator or take a message when they are not immediately available. HSC cellphone numbers are also provided for you should you need to reach them while they are at schools, or during their weekend shift.



Please phone our Emergency 24/7 line for any after hours urgencies: 604-345-9802. This number should be saved in your phone so you can easily contact us in emergency cases. You should call this number for any medical emergencies and/or significant concerns about student well-being. This number is different than that of our office and is reachable 24/7!



STUDENT SUCCESS

SD42 has a useful online resource for parents (or host parents!) to help students succeed.

This website provides tips on a variety of issues that directly and indirectly impact a child's educational progress. Topics include healthy use of technology, internet safety, math help, and reading tips. The website can be found at the bottom of the "Parents" drop-down menu on sd42.ca or by clicking [here](#).



HOST FAMILY REFERRALS

Our homestay family referral program is still in effect! If you have friends, relatives, neighbours, or coworkers living within our district who would make a good host family, please refer them to us through your homestay coordinator. We will be offering more short-term programs in the 2023-2024 school year. These are a great opportunity for anyone curious about hosting international students to begin on a smaller scale, or for anyone who would like to host but has limited availability. Once we successfully onboard the referred family and place a student, you will receive a \$100 PC gift certificate as a thank you!

PRE-ACADEMIC PROGRAM

The Pre-Academic Summer Program runs for 3 weeks before the start of the regular school year. This program is designed to prepare students for their studies in Canada while experiencing the best of Canadian culture. Students are oriented to different aspects of Canadian culture and focus on enhancing English ability. Multiple field trips are planned for this program to show students around the lower mainland and give them a sense of what our community has to offer. Trips include a transit tour around the lower mainland, kayaking at Deep Cove, a tour of UBC, a day trip to Victoria, and so much more!

If you are available to host students next August for this program, please let your homestay coordinator know!

MEDICAL INSURANCE

International students are insured with StudyInsured, which allows us to provide better service and additional support to students and host families when dealing with medical issues. More information and helpful print-outs for Study Insured can be found online [here](#).

StudyInsured's online Virtual Health service connects students with doctors via the internet and includes support in multiple languages. 24 hour multilingual support is available through their INTREPID24/7 service. For any medical needs that may arise, your first call should always be to their toll-free 24/7 medical help line: **1-866-883-9787**

Full year students are registered for MSP after they have been in Canada for 3 months. An MSP number and BC Services Card will be provided to the student. It is very important that the student and/or host family do **NOT** change the mailing address for MSP. This could happen when taking the student to the hospital or doctor and they asked to confirm the address. Changing the address will cause invoices to be delivered to your address. To avoid this do not change the address. Our office address should remain on file: 20675 Thorne Avenue, V2X 9A6.

If you have questions regarding insurance coverage, please reach out to your homestay coordinator or contact our office for assistance.



FIND US ON SOCIAL MEDIA!



FAMILY ENGAGEMENT

Engagement with your student is a vital part of the homestay family role. Small positive interactions go a long way when it comes to building a relationship and making them feel welcome and included in your home. Students want to experience day-to-day life with their host family. Here are some simple ways you can initiate interactions:

- Ask about their day. Discuss their plans for the day or which class they look forward to. Avoid "yes or no" questions to get them talking. For example: "What did you do with your friends?" or "What did you learn in Science class today?"
- Do the dishes together after a meal.
- Teach them how to make your recipes, or let them teach you!
- Watch a weekly TV show together.
- Take them with you to run errands such as groceries, hardware store etc.
- Invite them to your children's sport practices/games, or have them try the sport outside together.
- Go for a walk around the neighbourhood after dinner.
- Ask them about their life, friends, or family back home. Allowing them to share this with you often brings students comfort and joy.



HEALTHY EATING

CREAMY TORTELENI SOUP



Ingredients:

- 1 small yellow onion
- 4 garlic cloves
- 2 tbs olive oil
- 28 oz fire roasted crushed tomatoes
- 1 tbs tomato paste
- 4 cups vegetable broth
- 1 tsp dried oregano, 1 tsp dried basil
- 1 tsp kosher salt
- 4 cups baby spinach, packed
- fresh basil leaves (6-8 large leaves)
- ½ cup heavy cream (or half and half or whole milk)
- ½ cup grated Parmesan cheese
- 12-16 oz frozen or refrigerated tortellini (any flavor)

Directions:

1. Heat the olive oil in a large pot. Add the diced onion and sauté for about 5 minutes until translucent. Mince and add the garlic and sauté 30 seconds.
2. Add the crushed tomatoes, tomato paste, broth, herbs and salt. Bring to a simmer and simmer for 8 minutes.
3. Stir in spinach, basil leaves, heavy cream & parmesan cheese. Bring to simmer and add the tortellini. Cook according to the package instructions: about 2-3 minutes for refrigerated and 3-5 minutes for frozen. Taste and add additional salt as desired. Serve with salad, fresh bread, or grilled cheese.
4. Store leftovers refrigerated. The pasta soaks up a lot of the broth, so add a splash of water when reheating. If you make it ahead, we recommend making the soup without the tortellini; then heat it up and cook the pasta right before serving.



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